



Innovative Implementation of *Unstuck and On Target!* in Elementary Schools

What is this project?

- In partnership with educators in Virginia and Colorado, we are developing and evaluating an open access (free) **online training toolkit for school staff who want to run *Unstuck and On Target!* groups for 3-5th graders with autism or ADHD and flexibility problems.**

What materials and supports will be available to school programs that join this project?

- An educator training toolkit for providing *Unstuck* lessons in school which includes:
 - Interactive training modules covering key aspects of *Unstuck*, such as:
 - Executive Function (EF) vocabulary, like “Big Deal/Little Deal”
 - positive praise to correction ratio with a student
 - Recognizing EF problems that can underlie what appears to be willful behavior
 - Setting up effective EF supports at school
 - Published teacher *Unstuck* manual, as well as all materials needed for *Unstuck* groups.
- Online or phone training and support from the clinical research team for school staff, if desired.
- Short (3-5 minute) videos and a workbook are available for parents to support generalization.

What do schools need to do to participate?

- Decide if they would like to participate and, if possible, identify a school staff member who wants to implement *Unstuck* next year.
- Upcoming school year (2021-2022): Identify 3rd-5th graders for the *Unstuck* group, use the training materials and run the group 21 small group (approximately 3-6 students/school staff) sessions. School staff will complete short online surveys regarding training materials; research staff will observe students in the classroom and the *Unstuck* groups.
- Following school year (2022-2023): Respond to a quick online survey regarding sustainability and feasibility of training materials.

How does *Unstuck* fit into school intervention programs and benefit schools?

- *Unstuck* has helped students with a range of disabilities affecting executive function, including autism, ADHD, anxiety, traumatic brain injury, among others.
- *Unstuck* was developed as a Tier 2 intervention that aligns with PBIS but is flexible and can be used as a Tier 1, 2, or 3 intervention.
- School staff get continuing education credits for using the *Unstuck* training and are also paid for their time completing research questionnaires.
- Previous research in schools has shown that *Unstuck* improves students' ability to follow directions and regulate their behavior in the classroom.

What is the evidence that *Unstuck* works in schools?

- In two randomized controlled trials, *Unstuck and On Target* effectively improved EF-related classroom behaviors in 3rd- 5th grade students with autism or ADHD.
- School staff, in both trials, were able to implement *Unstuck* with fidelity.
- Anecdotal parent and teacher report:
 - “This has been a life-changing experience for my daughter.”
 - “One student had three meltdowns per day, and *Unstuck* reduced her outbursts to two occurrences in one quarter.”